

ABSTRACT

[00057] A golf club vibration dampening and sound attenuation system including an elongated shaft, a club head, a resilient insert assembly, a dampener, and a grip.

The shaft has a distal shaft end and a proximal shaft end. The club head is coupled to  
5 the distal shaft end, and includes a front wall and a sole portion. The front wall has a  
rearwardly sloped front strike side and a rear side. The sole portion rearwardly extends  
from a lower region of the rear side. The rear side and the sole portion define a cavity  
and a recess. The recess downwardly extends into the sole portion. A resilient insert  
assembly is positioned in and substantially fills the recess. The insert assembly is  
10 coupled to one or both of the sole portion and the lower region. The dampener is  
disposed within the shaft and has at least one annular radially extending projection.

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